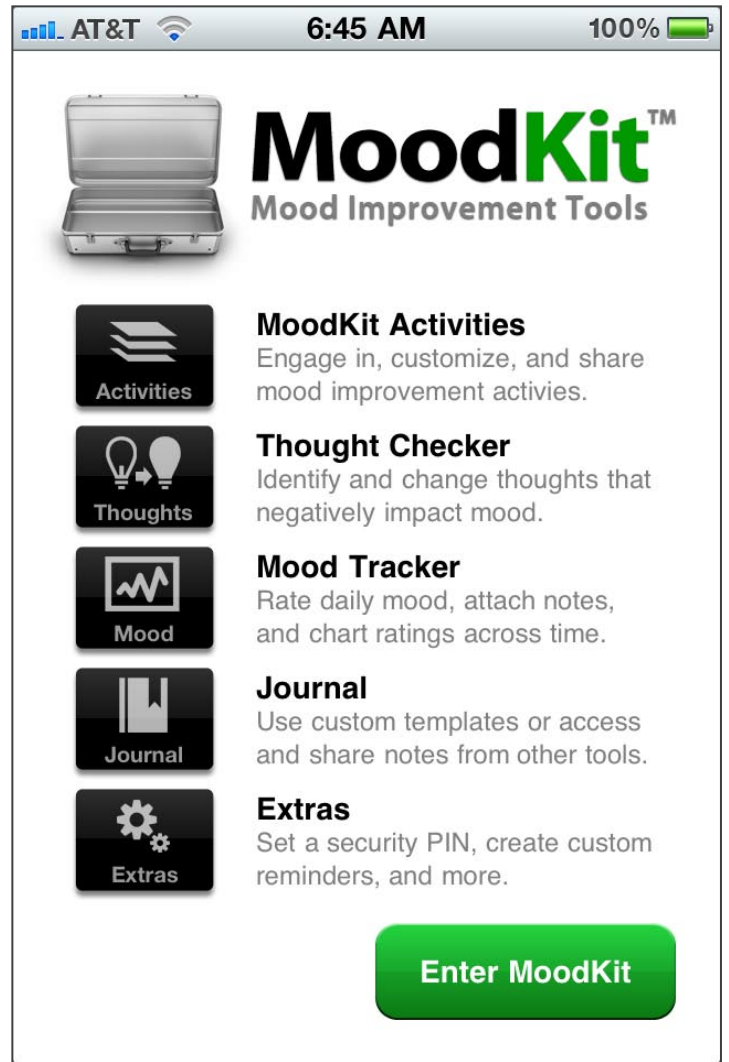# MoodKit – Mood Improvement Tools

Feature Overview / Clinical Applications

May 2011

To learn more and download, please visit www.thriveport.com

MoodKit is a Cognitive Behavior Therapy (CBT)-based iPhone app with four integrated tools that help users engage in mood-enhancing activities, identify and change unhealthy thinking, rate and chart mood across time, and create and share a variety of journal entries. MoodKit's innovative design enables it to be used on its own or to enhance professional treatment.
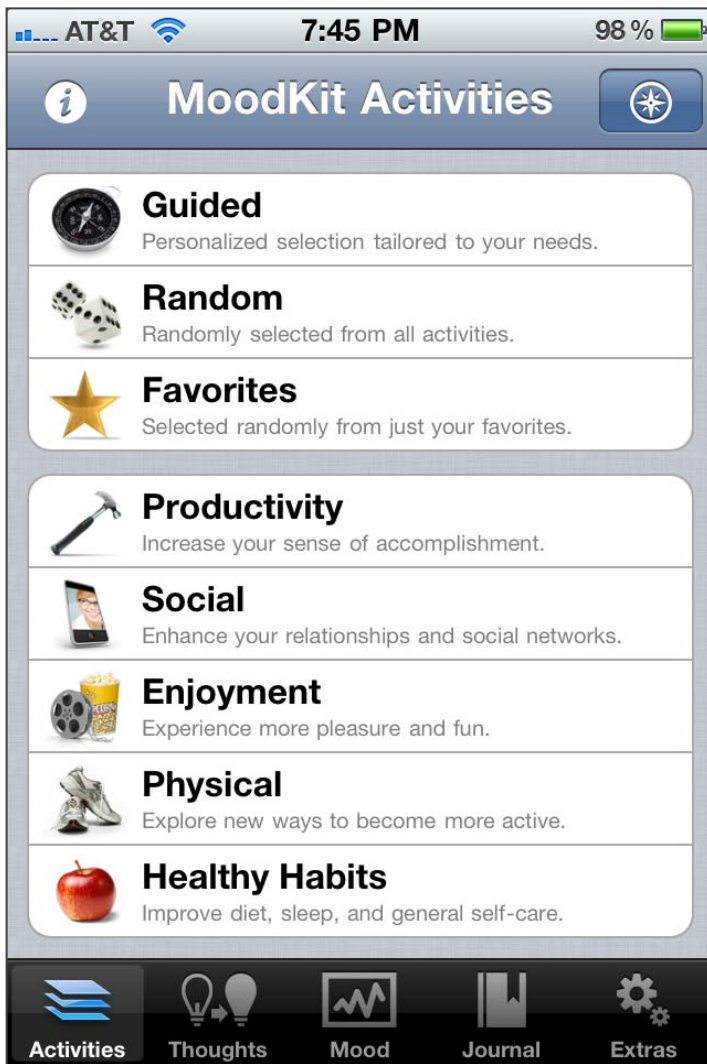
MOODKIT ACTIVITIES

LEFT: The Activities screen provides users with various ways to select a "mood improvement activity" from the following domains: Social, Productivity (mastery), Enjoyment (pleasurable), Physical, and Healthy Habits (diet, sleep, self-care).

RIGHT: The optional Activities Guide tailors the activities presented to the needs of the individual user. Users rate their level of activity in each of the mood improvement categories and then select activities based on a "personalized selection algorithm."

.ıll AT&T 📶   7:00 PM   68 % 🔋

Back   ✏️   📅   ↗️   ⭐

Steps Toward Goals
Productivity

Take one small step with a goal or project that you have put off doing.

Examples

- Make a phone call or go online to gather more information.
- Create a list of all the steps necessary to complete the task.

Tips

- Allow yourself to celebrate the completion of each step by doing something fun or simply taking a break.

Next	**Commit**

Activities   Thoughts   Mood   Journal   Extras

.ıll AT&T 📶   7:05 PM   69 % 🔋

Back   ✏️   📅   ↗️   ⭐

Savor An Experience
Enjoyment

Slow it down. Take the time to enjoy something more fully than you usually do.

Examples

- Taking a shower.
- Eating a meal.
- A conversation with a coworker.
- Walking or driving to a destination.

Tips

- Make this a habit in order to live more "in the present."

Next	**Commit**

Activities   Thoughts   Mood   Journal   Extras

.ıll AT&T 📶   7:06 PM   69 % 🔋

Back   ✏️   📅   ↗️   ⭐

Break It Up
Physical

If you can't find a 30 minute block of time to exercise each day, shoot for three 10-minute exercise sessions spread throughout the day.

Examples

- Immediately before breakfast, lunch, and dinner.
- A brisk walk, hand weights, sit-ups & push ups.

Tips

- Three ten minute exercise sessions can provide much of the same benefit as thirty minutes all at once.

Next	**Commit**

Activities   Thoughts   Mood   Journal   Extras

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Back   ✏️   📅   ↗️   ⭐

Smaller Portions
Healthy Habits

Establish creative ways to reduce the portion sizes of your meals.

Examples

- Wait 15 minutes before considering a second helping.
- Use smaller plates or bowls.
- Put away food that you don't intend to eat.
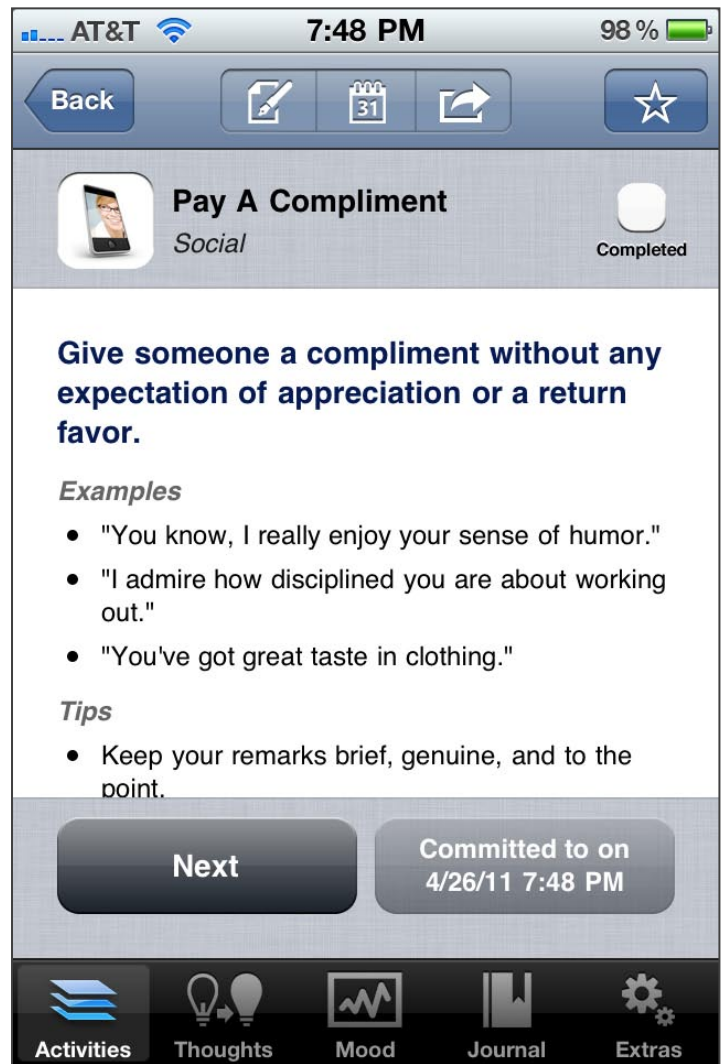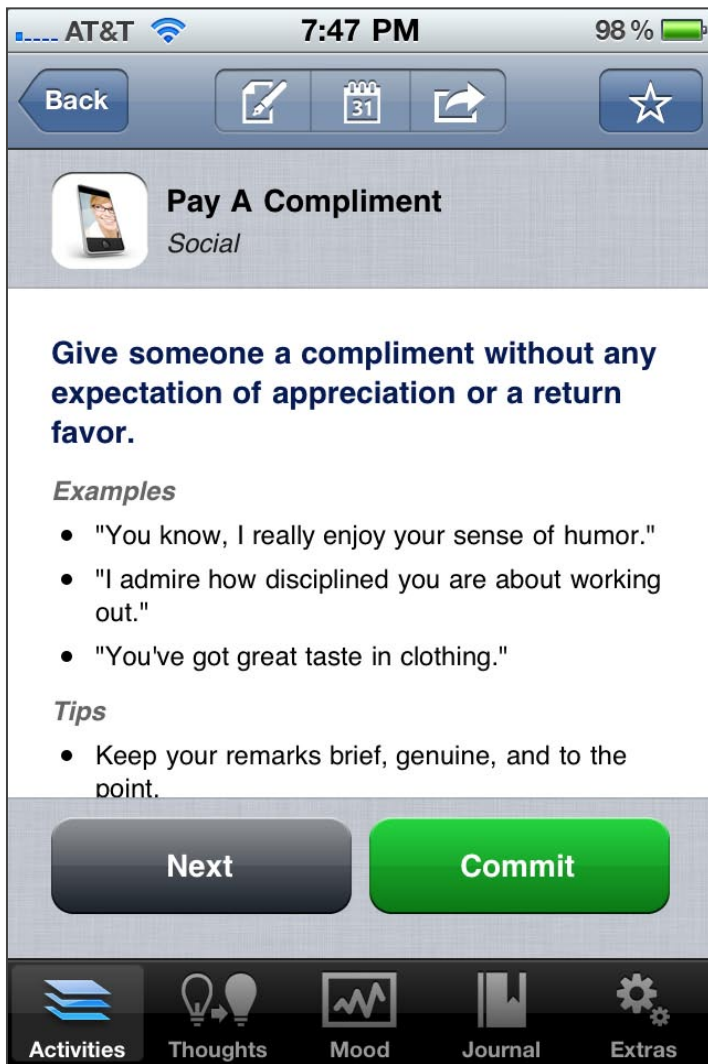- Immediately place a portion of your restaurant meal in a "take-home" container.

Tips

- Eating slowly helps to prevent overeating by

Next	**Commit**

Activities   Thoughts   Mood   Journal   Extras

PREVIOUS SCREEN and LEFT: Sample "Activities" from the following domains: Social, Productivity (mastery), Enjoyment (pleasurable), Physical, and Healthy Habits (diet, sleep, self-care).

RIGHT: Users can commit to engaging in suggested activities. After engaging in activities, users can mark them as "completed" and make notes about the experience for personal use or for sharing with a therapist.
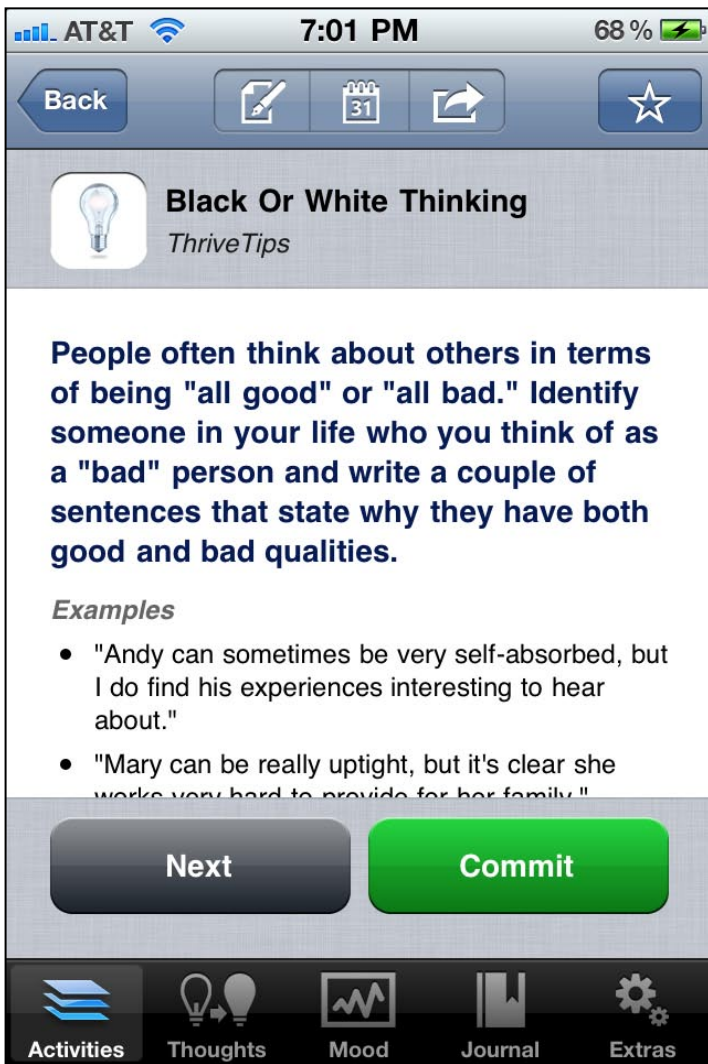
LEFT: There is a final category of activities called "ThriveTips." In addition to countering common thought distortions, these activities draw upon general principles from CBT, Positive Psychology, and Mindfulness to promote attitudes and behaviors that are conducive to well-being.

RIGHT: Users can skip or commit to engaging in suggested activities. After engaging in activities, users can mark them as "completed" and make notes about the experience for personal use or for sharing with a therapist.
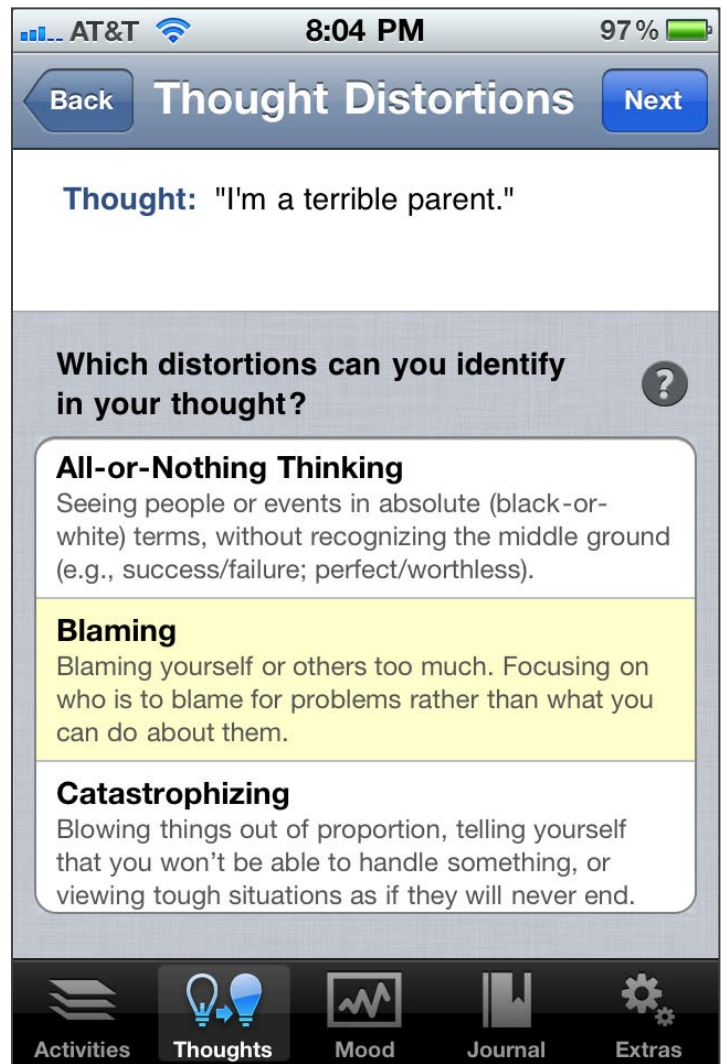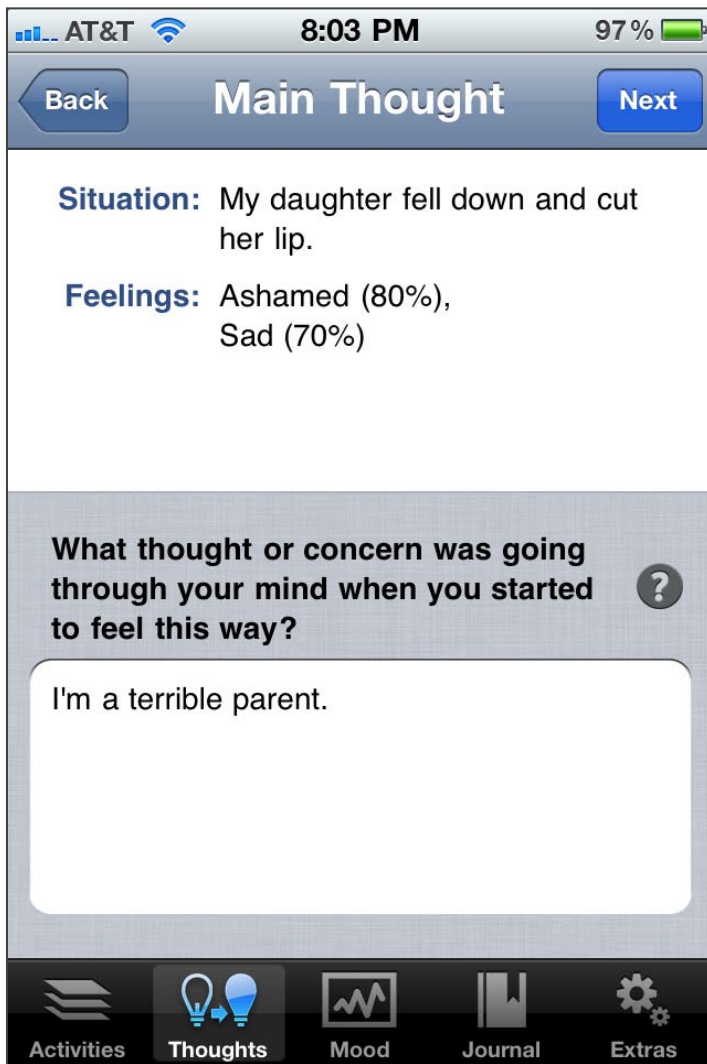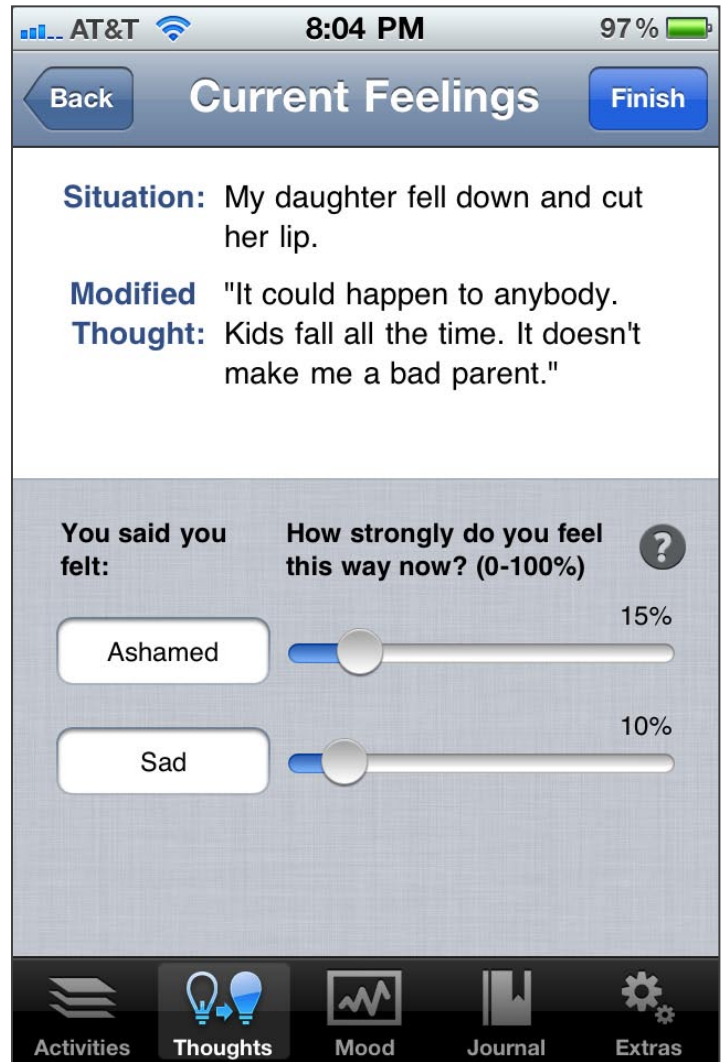
THOUGHT CHECKER

The Thought Checker tool walks users through the process of identify and modifying unhealthy thoughts (cognitive restructuring). A simple, step-by-step process guides users to identify the situation, associated feelings (and their intensity), their main thought, and any relevant thought distortions. Users are then prompted to modify their thought and re-rate the intensity of the initial feelings. Examples and clinical tips to facilitate the process are also provided. Session summaries displaying the entire process can be saved to the Journal, emailed, or printed for use in therapy. (As a bonus, the app features an Extras section where users can email or print the complete thought distortions list).

Screen 1 — Main Thought

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Back   **Main Thought**   Next

Situation: My daughter fell down and cut her lip.
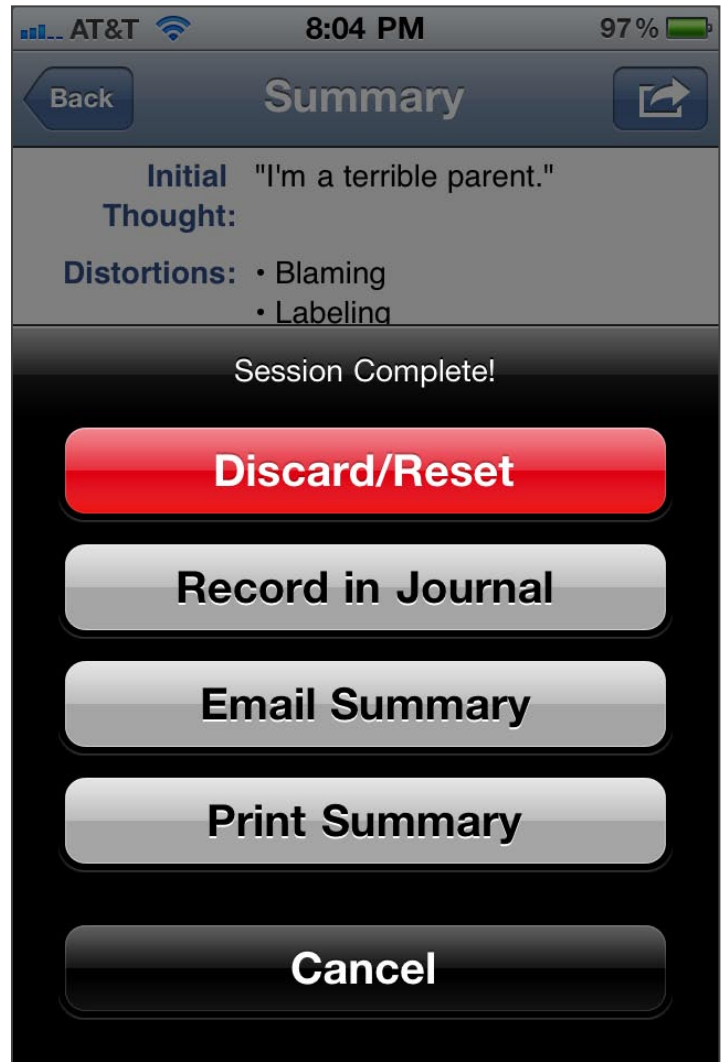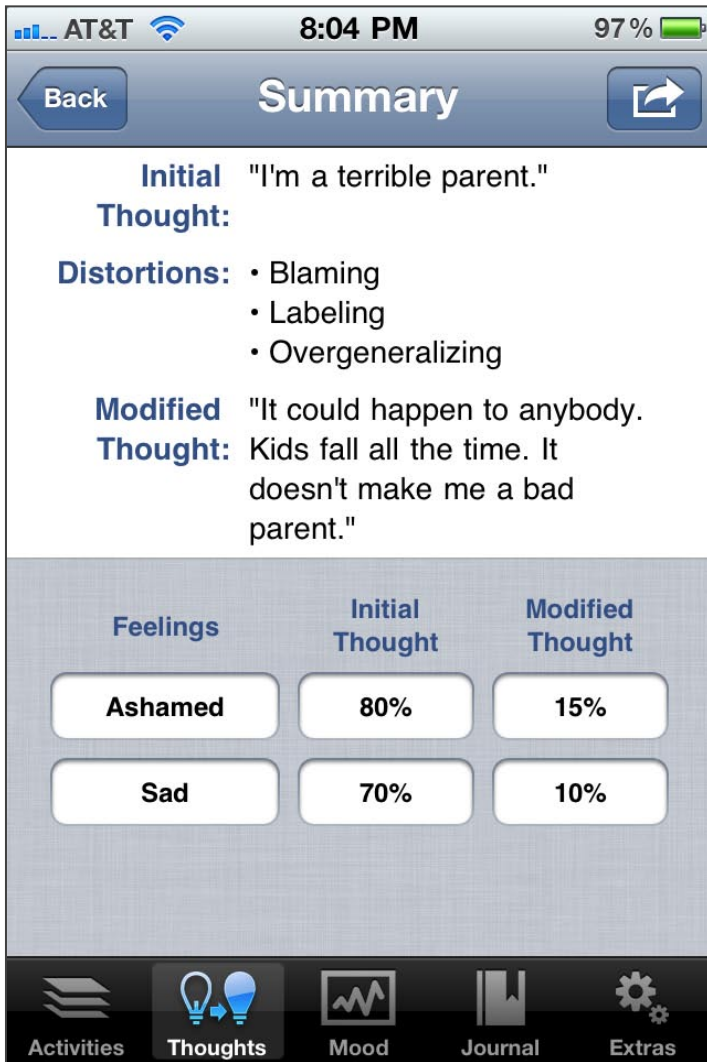
Feelings: Ashamed (80%), Sad (70%)

What thought or concern was going through your mind when you started to feel this way? ❓

I'm a terrible parent.

Activities   Thoughts   Mood   Journal   Extras

Screen 2 — Thought Distortions

ıll.. AT&T 📶   8:04 PM   97% 🔋

Back   **Thought Distortions**   Next

Thought: "I'm a terrible parent."

Which distortions can you identify in your thought? ❓

All-or-Nothing Thinking
Seeing people or events in absolute (black-or-white) terms, without recognizing the middle ground (e.g., success/failure; perfect/worthless).

Blaming
Blaming yourself or others too much. Focusing on who is to blame for problems rather than what you can do about them.

Catastrophizing
Blowing things out of proportion, telling yourself that you won't be able to handle something, or viewing tough situations as if they will never end.

Activities   Thoughts   Mood   Journal   Extras

These screens demonstrate the sequence of a Thought Checker "session" (which began with the two screens on the previous page, and continue through the next two pages).

Screen 1 (Modified Thought):

.ıl. AT&T 🛜   8:04 PM   97% 🔋

Back   **Modified Thought**   Next

Situation: My daughter fell down and cut her lip.

Thought: "I'm a terrible parent."

Distortions:
- Blaming
- Labeling
- Overgeneralizing

What is another way to think about this situation (without distortions)? ❓

> It could happen to anybody. Kids fall all the time. It doesn't make me a bad parent.

Activities   **Thoughts**   Mood   Journal   Extras

Screen 2 (Current Feelings):

.ıl. AT&T 🛜   8:04 PM   97% 🔋

Back   **Current Feelings**   Finish

Situation: My daughter fell down and cut her lip.

Modified Thought: "It could happen to anybody. Kids fall all the time. It doesn't make me a bad parent."

You said you felt: **How strongly do you feel this way now? (0-100%)** ❓

Ashamed   15%

Sad   10%

Activities   **Thoughts**   Mood   Journal   Extras

**These screens demonstrate the sequence of a Thought Checker "session" (continued).**

Session summaries displaying the entire Thought Checker process can be saved to the Journal, emailed, or printed for use in therapy.

MOOD TRACKER

The Mood Tracker tool enables users to enter daily mood ratings (on a 1-10 scale). Users can attach notes to their mood ratings, as well as view, email, or print 7- or 30-day charts of their ratings. An additional feature in the "Extras" section of the App allows users to send themselves reminders to complete their mood ratings.
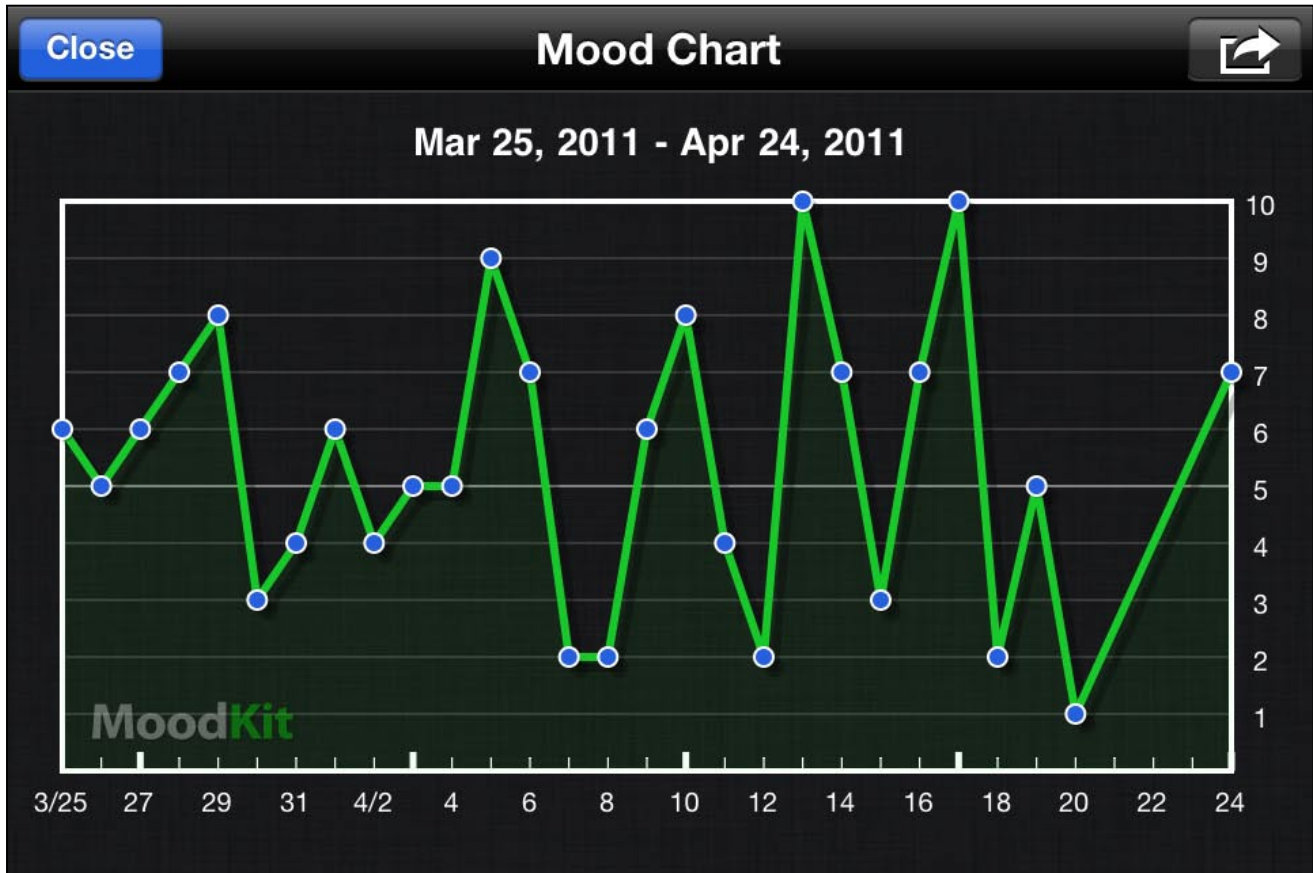
Users can view, email, or print 7-day (portrait mode) or 30-day (by rotating the iPhone to landscape mode) charts of their mood ratings.
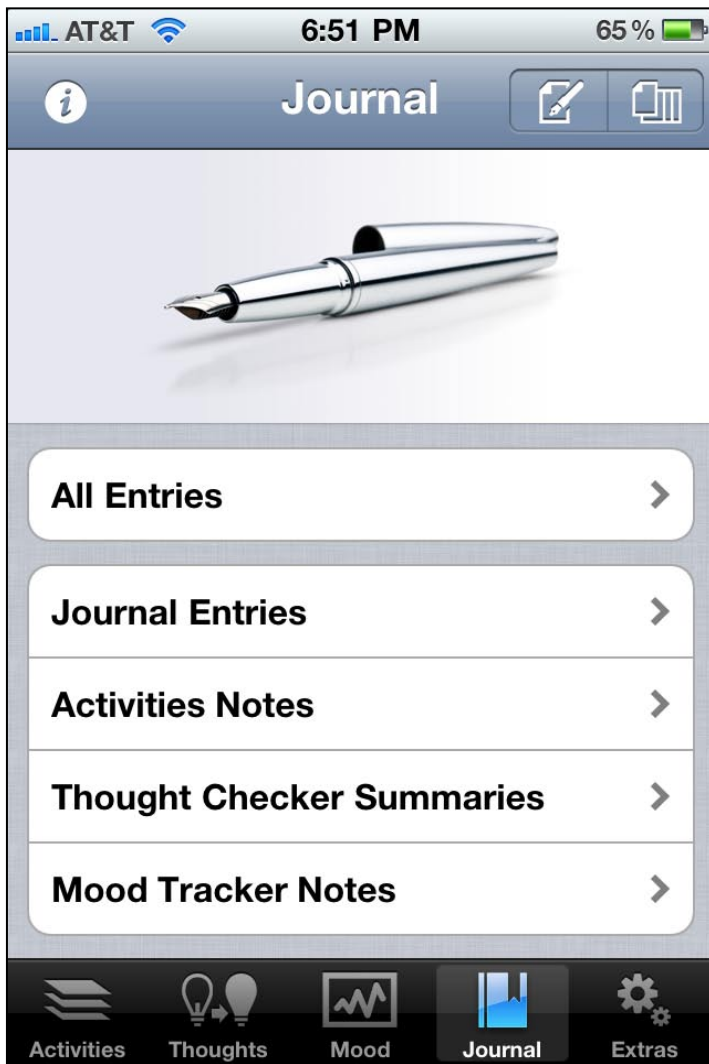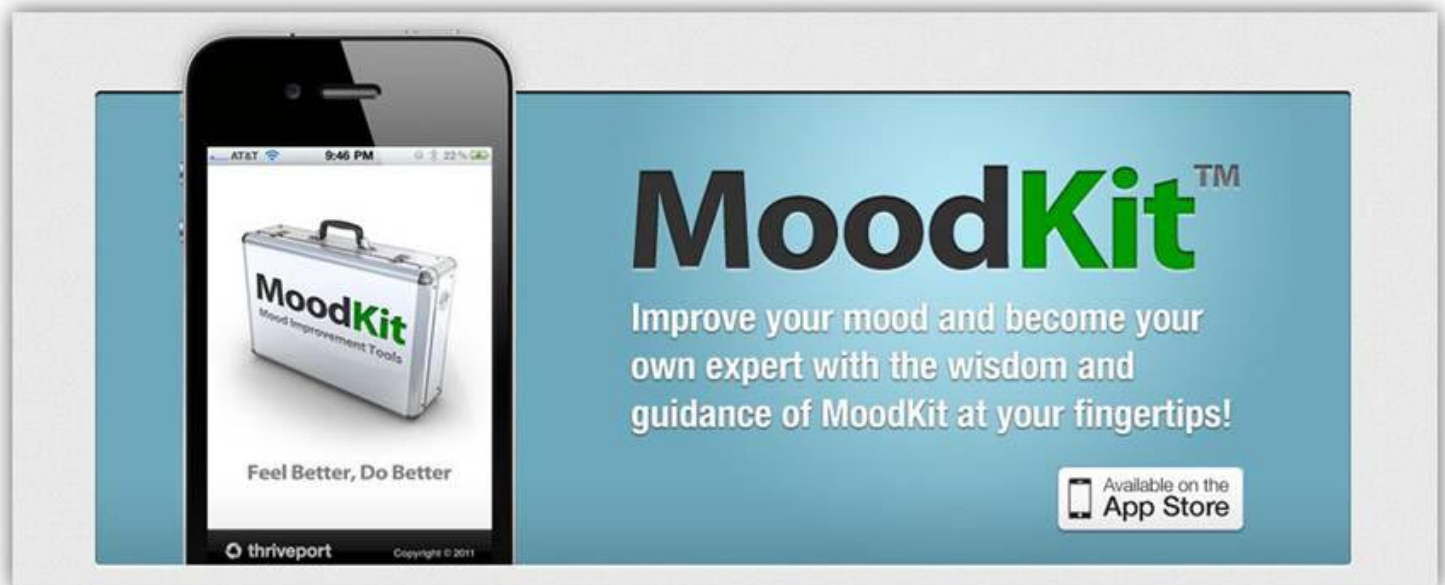
JOURNAL

The multifaceted Journal tool allows users to make open-ended journal entries, to make entries using custom templates with prompts (RIGHT), and to access their notes from all of the other tools for review, printing, or emailing. All journal entries are organized chronologically and by type of entry.
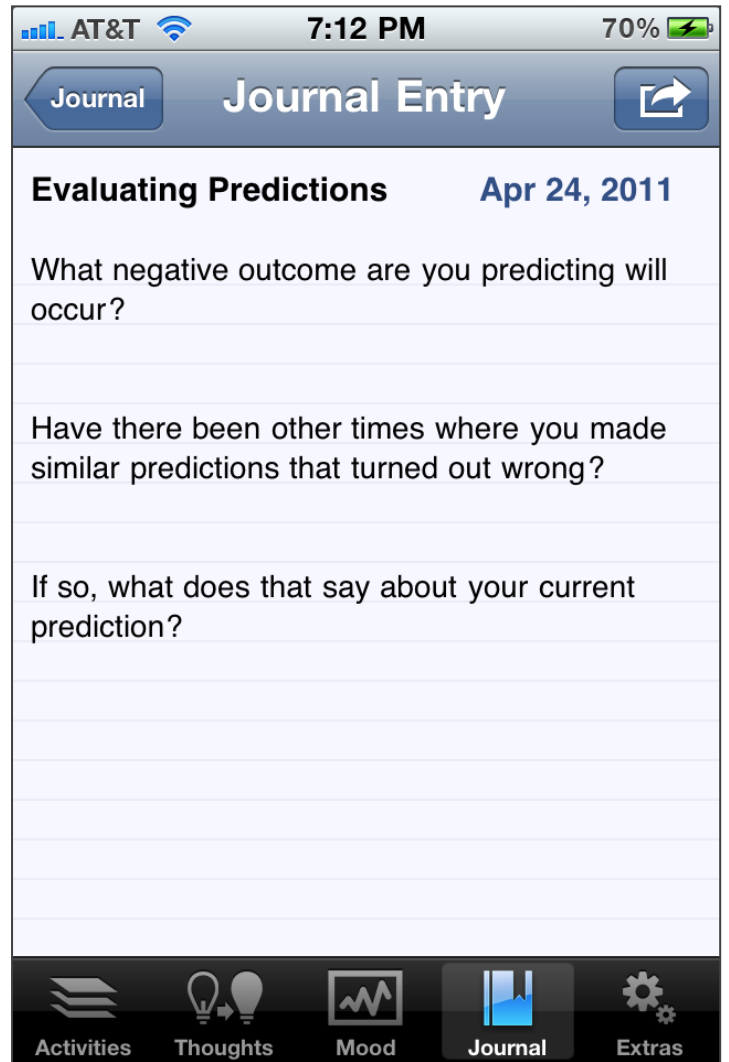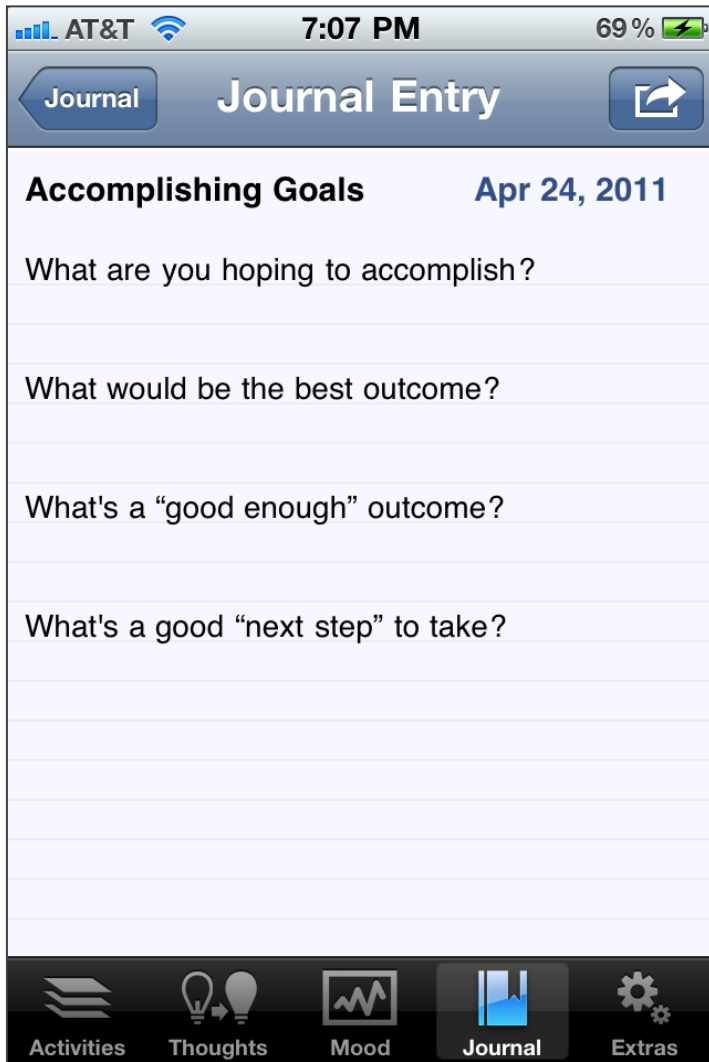
Users can also create custom journal templates by adding prompts that they find helpful or ones that have been recommended to them by a clinician

MoodKit™ highlights include:

- Over 150 mood improvement activities complete with examples and tips.
- Tailor recommended activities to your individual needs.
- Email, text, and Facebook sharing of activities, plus iPhone calendar integration.
- Step-by-step guidance to identify, evaluate, and modify thoughts to reduce distress.
- Easy entry of a daily mood rating and associated notes.
- Daily mood rating chart with 7-day and 30-day display options (exportable).
- Saves all notes to a central location for viewing, sharing, or printing.
- Over a dozen custom journal templates with prompts to guide entries.
- Add your own mood improvement activities and journal templates.
- Create custom reminders that link to your favorite tools.
- Educational information and "how to" guidance provided throughout.
- Clean, uncluttered, and intuitive user-interface.
- Security PIN enabled.
- AirPrint enabled.

About Thriveport, LLC

Thriveport's mission is to create helpful, intuitive, and scientifically-sound tools to improve people's lives. Thriveport: *Your Gateway to a Life Better Lived*.

Thriveport Team

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Dr. Edrick Dorian is a licensed Psychologist working in the specialty areas of Clinical and Police Psychology. He received his Psy.D. in Clinical Psychology from Pepperdine University and completed an APA-accredited postdoctoral fellowship at Harbor-UCLA Medical Center. Dr. Dorian is a Diplomate of the Academy of Cognitive Therapy and board certified in Clinical Psychology by the American Board of Professional Psychology.

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Dr. Drew Erhardt is a licensed Psychologist and tenured Professor of Psychology at Pepperdine University. He received his BA degree from the University of Virginia and his Ph.D. in Clinical Psychology from UCLA. Dr. Erhardt developed the current Cognitive Behavior Therapy (CBT) curriculum for Pepperdine University's doctoral program in Clinical Psychology and has been teaching CBT to graduate students for over 15 years.